

## **Belly Laughs**

Have you ever laughed so hard your facial muscles hurt? If so, your humor may be out of shape. You need to get and make more humor in your life. There are a few good reasons for you to be getting a few good belly laughs in your day.

**Humor is a great stress reliever.** It can help lessen the gravity of stressful situations. This can help you, ultimately, deal with stress in a healthier manner.

**Belly laughs can stimulate hormones,** especially the relaxing and mood enhancing ones called endorphins. A medical doctor at Stanford University is often cited for his remark that a good belly laugh is a form of inner jogging. Everyone knows that jogging increases endorphins. Well, now you know that belly laughing has the same effect.

**If you can get a really good belly laugh, it may prompt tears to come to your eyes.** This can wash away impurities from your eyes.

**Some people have admitted that they helped heal themselves of a disease with laughter.** It boosts the immune system's response—a very important healing property.

**After a really good laugh, you may find that you sleep better.**

**The workplace benefits from significant laughter.** Shared belly laughs, for instance, create a sense of community and build a more effective team. Humor in work situations can also accelerate effective group interactions and promote more efficient and satisfying environments for all.

So, enjoy, be well, and always try to look on the bright side of life with a good belly laugh. As Sir Max Beerbohm once said, “Strange, when you come to think of it, that of all the countless folk who have lived before our time on this planet, not one is known in history or in legend as having died of laughter.”

*—Adapted from the Ardell Wellness Report*